

1<sup>st</sup> Annual  
Running Scared  
5K Run  
3K Walk



Halloween race

Sunday October 29, 2006 8:00 am

El Dorado Park, Long Beach

Long Beach Police Athletic Association  
4800 Los Coyotes Diagonal  
Long Beach, CA 90815

Please Print

To avoid late fees, entry form must be postmarked by OCTOBER 22, 2006

**Race Category**

First Name

Last Name

Age on race day

Birthdate

Address

City

State

Zip

Phone

E-mail

Sex

T-Shirt Size

**Age Group**

**Team**

Please make checks payable to:  
Long Beach Police Athletic  
Association or LBPA  
Mail to:  
4800 Los Coyotes Diagonal  
Long Beach, CA 90815

**Entry Fee**

5K Coolmax Shirt	\$20	\$
3K Coolmax Shirt	\$20	\$
5K Without Shirt	\$14	\$
3K Without Shirt	\$14	\$
Late Fee	\$5	\$
Donation to L.B.P.D. Baker to Vegas teams		\$

Team Name:

\*\*\*Teams of 5 or more, receive \$5.00 discount per runner\*\*\*

We accept Visa/

MasterCard:

Exp. Date

Signature:

Waiver: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators waive and release any and all rights and claims or damages I may accrue against the Running Scared Run/ Walk, and all sponsors, contributors, volunteers, any and all persons connected with the running event or representatives, successors and assigns, for any injuries to me or my property while traveling to or from arising out of or in connection with my participation in the 2006 Running Scared Run/ Walk. As part of the waiver I acknowledge that I have read and understand all the above.

Signature:

Date:



PROCEEDS BENEFIT  
Long Beach Police Dept.  
Baker To Vegas Relay  
Teams

For more info:

562.570.9824

[www.longbeach.gov/police/  
info/baker\\_to\\_vegas.asp](http://www.longbeach.gov/police/info/baker_to_vegas.asp)

## Race Features

USATF Sanctioned  
Flat and Fast  
Water/ Aid Stations every mile  
Awards to top 3 in each div.  
High Tech Moisture  
Wicking T-Shirt

## Team Challenge

3 Divisions  
Unlimited number of runners  
Fastest team in each div. medals  
Top 3 fastest combined times  
from each team wins

## Start Times

5K – 8:00 am  
3K – 8:05 am

## LBDP Baker to Vegas team Mixed Open Div. Champs 2003, 2004 & 2005



## Registration

By mail: Check or Credit Card or  
Online: [www.active.com](http://www.active.com)

Packet pick-up at LBDP

Police Academy:

Saturday Oct. 28 Noon – 4pm or

Race day packet pick up begins at 6am

## Raffle

Oakley Products  
Gift Certificates  
and More

## Directions

Race is at the north end of  
El Dorado Park, located by the  
Long Beach Town Center  
605 / Carson St.  
Behind Lowes at the  
Long Beach Police Academy.

## Sponsors



Dr. Steve Reynolds M.D.  
Dr. Jeff Rockenmacher D.C.  
David Zahler Staffing Services